

Department	Physical Education
Year	10
Qualification	Btec Unit 1 and Unit 5

BCHS Curriculum Map 2016-2017

Term	Week Commencing	12.9.16	19.9.16	26.9.16	03.10.16	10.10.16	3.10.16	10.10.16	17.10.16
Autumn 1	Topic	Unit 1 introduction	A.1 Components of physical fitness	A.2 Components of skill-related fitness	A.3 Why fitness components are important for successful participation in given sports in terms	A.4 Exercise intensity and how it can be determined	A.4 Exercise intensity and how it can be determined	A.5 The basic principles of training (FITT)	A.6 Additional principles of training
	Assessment		Group discussion: linking fitness components to sports performance.	Group discussion: components of fitness. Homework activity: learners to investigate fitness components for successful sports performance.	Paired activity: learners to complete a fitness component profile for a sport of their choice and feed	Individual or paired activity: learners to calculate their maximum heart rate (HR max).	Group activity: measuring HR and training zones. Homework: learners to investigate the relationship between HR and the RPE Scale.	Individual or paired activity: learners to design a circuit training session. Follow-up activity: learners to deliver or participate in the circuit training sessions they have designed.	Modular assessment test
Autumn 2	Week Commencing	31.10.16		7.11.16	14.11.16	21.11.16	28.11.16	5.12.16	12.12.16
	Topic	B.1 Requirements for each of the following fitness training methods		B.2 Additional requirements for each of the	B.3 Fitness training methods for	B.3 Fitness training methods for	B.3 Fitness training methods for	B.3 Fitness training methods for	C.2 Importance of fitness testing to sports performers

			fitness training methods					and coaches
	Assessment	Group activity: learners to undertake and experience a range of different stretches using different types of flexibility training.	Group activity: learners to undertake and experience a range of different stretches using different types of flexibility training.	Group activity: learners to undertake and experience a range of different stretches using different types of flexibility training.	Group activity: learners to take part practically in circuit training.	Group activity: learners to take part practically in aerobic endurance training.	Group activity: learners to take part practically in speed training.	Individual or paired activity: learners to research and design an informed consent form.
Spring 1	Week Commencing	2.1.17	9.1.17	16.1.17	23.1.17	30.1.17	6.2.17	13.2.17
	Topic	C.1 Fitness test methods for components of fitness C.3 Requirements for administration of each fitness test C.4 Interpretation of fitness test results	C.1 Fitness test methods for components of fitness C.3 Requirements for administration of each fitness test C.4 Interpretation of fitness test results	C.1 Fitness test methods for components of fitness C.3 Requirements for administration of each fitness test C.4 Interpretation of fitness test results	Exam preparation	Exam preparation	Exam preparation	Exam

	Assessment	Paired or small group activity: learners to undertake fitness tests during lesson time and interpret their results	Paired or small group activity: learners to undertake fitness tests during lesson time and interpret their results	Paired or small group activity: learners to undertake fitness tests during lesson time and interpret their results				
Spring 2	Week Commencing	27.2.17	6.3.17	13.3.17	20.3.17	27.3.17	03.4.17	
	Topic	Unit5 introduction A.1 Personal information to aid training programme design A.1 Personal information to aid training programme design	A.2 The basic principles of training (FITT)	A.3 Further principles of training and how they are applied to training methods	A.4 Programme design	A.4 Programme design	Assignment 1	
	Assessment	Individual activity: learners to write SMARTER and short-, medium- and long-goals Individual activity: learners complete lifestyle and physical activity history questionnaires to check they are safe to take	Small group activity: learners produce a 2-minute recap presentation on attitudes and motivation to training. Paired or small group activity: learners to identify FITT principles related to week 1 of their	Individual activity: learners to calculate Maximum HR and 60%, 70%, 80% & 90% of MHR. Small group activity: one learner to perform the activity specified by the group, the other learners to record RPE and HR every 1 minute. Once the practical is complete, learners to identify if the client reached	Case studies Practical assessment <ul style="list-style-type: none"> • Flexibility • FITT • Machine vs. free weights 	Practical assessment <ul style="list-style-type: none"> • Strength training • Muscular endurance • Muscular endurance 	Tasks for Learning aim A Training report (initial client analysis, planning for training).	

		part in a training programme.	training programme.	their target.				
Summer 1	Week Commencing	24.4.17	1.5.17	8.5.17	15.5.17	22.5.17	16.5.17	23.5.17
	Topic	B.1 Factors	B.2 Strategies	Assignment 2	C.1 Safely implement a personal fitness training programme	C.1 Safely implement a personal fitness training programme	C.1 Safely implement a personal fitness training programme	C.1 Safely implement a personal fitness training programme
	Assessment	Group activity: consider different cultures, religions, disabilities, age and the potential barriers these specific groups will have to exercise. Individual activity: learners to identify which barriers may affect the success of their training programme.	Individual activity: learners to identify strategies that they need to put in place to ensure they overcome their barriers	Tasks for Learning aim B Written report on adherence factors and strategies used to overcome these.	Individual activity: learners to produce a contract for themselves that is agreed by them and the teacher. The contract must include issue regarding safe implementation of the programme	Practical session: learners to start training programme	Practical session: learners to start training programme	Practical session: learners to start training programme
Summer 2	Week Commencing	5.6.17	12.6.17	19.6.17	26.6.17	3.7.17	10.7.17	17.7.17
	Topic	C.1 Safely implement a personal fitness training	C.1 Safely implement a personal fitness	Assignment 3	D.1 Review programme	Review/close unit	Assignment 4	Resubmission of Coursework

		programme	training programme					
	Assessment	Practical session: learners to start training programme	Practical session: learners to start training programme	Tasks for Learning aim C Session notes	Learners to produce a review identifying strengths, areas for development.	End of unit quiz	Tasks for Learning aim D. Written report	